Motivation Boosters
Ten easy ways for healthy eating, healthy weight, healthy you!

1. Get started today
Waiting for next Monday, next week or any time in the future delays the time that you will start to feel better. Commit to your health right now – and for the rest of your life.

2. Do it for yourself
Trying to change for someone else usually ends in no change at all. The strongest reasons are ones that are important to you – not to a parent, spouse, child or friend.

3. Make health a priority
No time to eat right or be active? All of us have time - it's a question of how we spend it. Move health up on your priority list, and you'll have more energy for everything else too!

4. Set realistic goals
Getting a model-perfect body isn't realistic for most of us (despite what the ads say). Set yourself up for success with achievable goals – and you'll stick with the program longer.

5. Make small changes
Small changes work better than giant leaps and, over time, they make a big difference. Break behaviors down into smaller "bites" – and work on them one at a time.

6. Expect to be successful
Plan for success rather than failure. Positive self-talk and an enthusiastic approach are often self-fulfilling prophecies. Reviewing past failures is a recipe for disaster.

7. Ask for support
Supportive people can help you stay with your plan. You can take a class, join a group or just hook up with a good friend (or family member) who also wants to make a change.

8. Consult an expert
The right "coach" can make all the difference in your attitude and progress. Go to a RD (registered dietitian) for nutrition help and a certified trainer for fitness help.

9. Track your progress
Research shows that tracking changes is a real motivator. Pick a convenient place to write down how you're doing, like notes on a calendar or in your computer scheduler.

10. Celebrate every success
Rewards and positive feedback work for kids – and adults too! Choose several ways to give yourself pats on the back, like saving for a massage or spending time with a friend.